

Thoughts to Ponder

Thanksgiving Every Day

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When one mentions Thanksgiving, visions of turkey and pumpkin pie come to mind along with thoughts of joyous reunions with family and friends. This is a good thing, as happiness raises the vibratory rate of those involved and pours more light into the world. Yet it should not be confined to one day a year, for that same happiness can be experienced every day if people just open their hearts to all the blessings around them

In these chaotic times, folks tend to overlook the steadfast natural beauty in every-day life: the song of a mocking bird in the early morning, the sweet scent of honeysuckle in the air, a lilac bush in full bloom, the bubbling of a brook, a magnificent sunset, or the peaceful calm of an evening under the stars.

There are so many things to be grateful for, no matter how little you feel you have of common luxuries. Just walk down the block and notice a baby's smile, a friendly greeting, or the antics of a squirrel.

Do you ever stop to really savor a hot shower or the aroma of freshly perked coffee, or the luxury of dropping into a comforting bed when you're dead tired? Do you pause a moment and just feel grateful?

What makes you feel more warm inside than when you run into a good friend you haven't seen for a while, or when you get an unexpected phone call from a favorite relative? Something as simple as turning on a radio and hearing a nostalgic song you used to love can bring a smile to your face.

Each day is full of things to be thankful for that don't cost a cent. A thankful heart can completely change one's outlook. Take time to appreciate the simple things in life that provide so much pleasure, yet often go unnoticed. These things are always available. They cannot be taken away from you. They are there if you look for them and allow that warm and fuzzy feeling of appreciation to enter your consciousness. You will feel lighter, and that light will radiate.

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Life's Treasures

Each day brings forth its own little miracles,
to be personally discovered,
to be individually claimed.

These are the things I treasure the most:

sunlight sparkling on rain-drenched grass,
dancing around crocus in the early spring;

the magical moment when a mockingbird
regales the morning air with song;

feeling sensuous warm sand under my feet,
as a sweet ocean breeze caresses my hair;

the pungent fragrance of honeysuckle
tickling my nose and refreshing my soul;

a full moon bursting over the hill, shattering
the dark with the force of its silent emergence;

the tranquilizing babble of a mountain stream,
its hypnotic murmur submerging all other sounds

the crisp freshness of air on an autumn morn,
greeting me with a brisk awakening as I step outside.

standing in moonlight in the awesome silence of a
snowy night, alone in an endless world of white.

the constant love of family and friends
that sustains and nourishes me each day.